

WEARING YOUR ALIGNERS

Aligners must be worn at least 22 hours a day for a minimum of 2 weeks each.

It is best to insert each new aligner before going to bed to allow the maximum possible time of activation before having to remove them.

It is normal to experience some discomfort with each new set of aligners. Panadol or Nurofen can help ease the pain.



Good luck as you embark on your Invisalign® journey. With your excellent wear of the aligners, we are looking forward to giving you a great result!

If you have any questions or concerns, please do not hesitate to contact us.

SCAN FOR MORE INFORMATION



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INVISALIGN®

1300 **S M I L E S**
Orthodontics

DO'S AND DON'TS...

It is recommended to drink only water with the aligners in. Drinking and eating in them can cause oral hygiene or decay issues. Do not drink hot drinks like tea or coffee with the aligners in as the aligners may distort.

Clean your aligners every time you brush your teeth with cold water and toothpaste. If the aligners collect lots of plaque they can be soaked for 10mins in a solution of 50:50 white vinegar to cold water, then brush them and rinse well.

Always place the aligners in their case when not wearing them. They are easily lost or thrown out, pets also like to chew on them as they like the smell of saliva. Please be aware that there is a fee to replace an aligner.



INTERPROXIMAL REDUCTION (IPR)

IPR is polishing between the teeth similar to filing your nails. This makes some extra space to allow the teeth to move freely into alignment. IPR is done on selected teeth only, not every tooth.

ATTACHMENTS

Attachments are small tooth coloured dots of dental material. Attachments come in all shapes and sizes and may be attached to all or some of the teeth. The attachments are used as an anchor point to help move the teeth.

We may glue your attachments when we issue your aligners, if not this will be done at a later stage.

It is a good idea to be aware of which teeth have attachments in case one comes off. It is unlikely for attachments to come off, however if this happens continue wearing your current aligner and give the office a call as we may move your appointment to an earlier date.

The attachments will be removed at the end of treatment.

CHEWIES

Aligner chewies help to ensure the best possible fit of each aligner.

If an aligner isn't seating you can see a small space between your tooth and the aligner.

Gently squeeze the chewies between the upper and lower aligners for about 10 seconds. Release and work the chewie around the entire mouth. Try and do this throughout the day particularly for the first few days of a new aligner. Concentrate on areas where the aligner isn't seating.

Should you notice the aligner not fitting correctly and does not improve over time please let us know. Continue with your current aligner and make an appointment.

If your aligner isn't fitting do not change to the next aligner even if you are due to change.

